Registration begins April 21; classes begin June 2 unless noted otherwise within class descriptions.

No classes July 4. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.

# **Cahill Senior Center**

### 715 West 5th Street 480-858-2420

#### www.tempe.gov/cahillseniorcenter

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

### **Facility Hours**:

Monday – Thursday 8:30 a.m.-8:30 p.m. Friday 8:30 a.m.-2:30 p.m.

Facility Closures: May 26; July 4

### **Weekly Activities**

Monday

TCAA Congregate Lunch 11:45 a.m. BINGO\* 1 p.m.

Tuesday

New Release Movie 11:15 a.m.

Friday

\$3 Lunch before Bingo 11:30 a.m. BINGO\* 1 p.m.

\*Card sales begin at 12:30 p.m.

No Bingo: July 4

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

# **Escalante Senior Center**

### 2150 East Orange Street 480-350-5870 www.tempe.gov/escalante

The Escalante Senior Center is operated by Tempe Community Action Agency (TCAA). On Tuesdays & Thursdays the center offers the AmeriCorps Health & Wellness program including health talks, exercise and Zumba classes. Other activities include the Senior Lunch Program, Bingo, crafts, field trips, movies, Wednesday Readers Theater, Garden Club, and Healthy Cooking Demos on the 1st & 3rd Wednesdays each month. June and July will feature Water Exercise on Wednesdays. The Senior Center and its programs are for guests ages 60 and older. For more information call 480-350-5872 or 480-350-5871.

#### **Facility Hours**

Tuesday-Friday 8 a.m.-3 p.m. **Facility Closures:** May 26; July 4

**Weekly Activities:** 

AmeriCorps Exercise Class	Tues.	10:30 am
Senior Lunch Program	TuesFri.	11:45 am
Bingo	Tues., Thurs.	12:45 pm
Walking with Ease (MAM)	Wed.	9:30 am
Water Exercise (J&J)	Wed.	9:30 am
Cooking Demos 1st & 3rd	Wed.	10:30 am
Readers Theater	Wed.	1:00 pm

**Special Events for the Spring Season:** 

Cinco de Mayo May 2<sup>nd</sup>
Mother's Day Luncheon May 9<sup>th</sup>

# **North Tempe Senior Center**

# 1555 North Bridalwreath Street 480-858-6510

www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, presentations, classes, special events and Bingo. For more information on programs contact Aileen Schmieder at 480-858-6511. The North Tempe Multi-Generational Center is home to TCAA's Home Delivered Meal (HDM) program that serves meals to home-bound elderly and disabled individuals in Tempe and South Scottsdale. Participants can be referred to us by the SENIOR HELP LINE@602-264-4357. TCAA also offers a private pay option for home delivered meals. The meals are delivered Mon.-Fri. between 9:30am and 12:30pm. If you would like more information for this program please call our front desk at 480-858-6510. Visit TCAA's Website at www.tempeaction.org

### **Facility Hours:**

Monday-Friday, 8 a.m.-3 p.m.

Facility Closures: May 26, July 4

#### **Weekly Activities**

Silver Sneakers	Mon., Wed., Fri.	9:30 a.m.
TCAA Congregate Lunch	Tues., Wed., Thurs.	11:45 a.m.
Bingo (.50 cents per card)	Tues.	12:30 p.m.
AmeriCorps Fitness Classes	Tues., Thurs.	9:30 a.m.

**Healthy Cooking for Seniors Demo Classes:** Classes are held on the first and third Thursdays of each month. This is an onsite drop-in class, so preregistration is not required. Participants will have the opportunity to join the demonstration and enjoy a sample of the days' recipe!sample of the days' recipe!

**Volunteer Opportunities:** TCAA is actively recruiting volunteers to assist with their Home Delivered Meals program. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510.

# **Pyle Adult Recreation Center**

#### 655 East Southern Avenue

(SW Corner of Rural and Southern)

480-350-5211

#### www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

#### **Facility Hours**

Monday-Thursday 8 a.m.-9 p.m. Friday 8 a.m.-5 p.m. Saturday 9 a.m.-4 p.m. Sunday Closed

Facility Closures: May 26, July 4

### **Retirees of Tempe Advisory (RTA)**

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per year and provides members with discounts on lunches and other special events and activities. To become a member, you must apply in person at the Pyle Adult Recreation Center's front desk.

# **Monthly Retiree Activities**

<i>1</i>	
Tuesday/Thursday Lunch/Program	11:30 a.m.
Needlewielders Tuesdays/Thursdays	9 a.mNoon
Senior Songbirds meet Wednesdays	9:30 a.m.
Looney Tooner Kitchen Band Mondays (Sept I	May) 9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Bluegrass Jam Session every Wednesday	1-3:30 p.m.
<b>Current Events Discussion Group every Thurs</b>	day 1 p.m.
Bluegrass Jam Session every Friday	9-11:30 a.m.
Various card groups throughout the week	Times Vary
Classic Movie Fridays	12:30 p.m.

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211, or visit the Pyle Adult Recreation Center's website at www.tempe.gov/pyle.

#### **Classes - Participants & Observation:**

- · Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

# **Arts & Crafts**

For a list of suggested materials, visit www.tempe.gov/pyle, or the Pyle Center Front Desk.

# **Acrylic and Oil Painting**

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced). 480-350-5211 39208 50 yrs+ Beg. M 6/2-7/28 9 a.m.-Noon \$54 PAC 39209 50 yrs+ Int. W 6/4-7/30 1-4 p.m. \$54 PAC

6/5-7/31

9 a.m.-Noon \$54 PAC

### **Crafts and Coffee with Kim**

39210 50 yrs+ Adv. Th

Join us on the third Wednesday of each month for coffee and crafting. Kimberly Sams, Program Coordinator, will lead you through a different craft each month. Fee: \$4. 480-858-2420.

39484	50 yrs+	W	6/18	10 a.m.	CSC
39485	50 yrs+	W	7/16	10 a.m.	CSC
39486	50 yrs+	W	8/20	10 a.m.	CSC

### **Drawing; Color/B&W**

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. 480-350-5211

39214 50 yrs+ M 6/2-7/28 12:30-3:30 p.m. \$54 PAC



### **Pastel Painting**

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class; for a list of supplies, visit www.tempe.gov/pyle, or the Pyle Center Front Desk. 480-350-5211

39310 50 yrs+ T 6/3-7/29 9-11:30 a.m. \$54 PAC

### Photography for 50+

This class concentrates on light technique and composition, and takes the mystery out of the terms "shutter speed" and "f" stop as they apply to digital cameras. Instructed by John Berend, a photographer whose work has been collected in over 70 countries. A fancy camera is not necessary. 480-350-5211 39284 50 yrs+ Sa 6/14-6/28 10 a.m.-Noon \$30 PAC 39285 50 yrs+ W 7/9-7/23 10 a.m.-Noon \$30 PAC

### **Watercolor Painting**

Instructed by Donna Levine, the emphasis of this class is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. 480-350-5211

39232 50 yrs+ T 6/3-7/29 1-4 p.m. \$54 PAC

# **Business & Computers**

# **Crazy Cell Phones**

Figuring out how a new cell phone works can be frustrating. Hopefully this program can help. We will cover a few of the basics in 15-minute individual sessions so you will need to make an appointment after you register. Space is limited. Fee: None. 480-350-5802

40194 50 yrs+ M 6/16-6/23 2:30-3:30 p.m. LMRB 40195 50 yrs+ F 6/20-6/27 10:30-11:30 a.m. ESCA

### **Digital Library**

Let's explore what the Tempe Public Library webpage has to offer. Find out where you can download free books, audio books, classes and music. Basic computer knowledge will be helpful. Fee: None. 480-350-5802

40196 50 yrs+M 6/2-6/9 2:30-3:30 p.m. LMRB

Want to Volunteer?
Visit:
www.tempe.gov/volunteer

### **Kooky iPad**

Is that electronic device called an iPad driving you kooky? In this class we will cover basics of the iPad and learn how to download e-books and audio books from the Tempe Public Library. Fee: None. 480-350-5802

40197 50 yrs+ M 7/7-7/21 2:30-3:30 p.m. LMRB

### **Senior Techs: Facebook for Beginners**

Are you ready to open a Facebook account? We can help get you started. Students must be registered for, or have completed, Senior Techs: Social Media Showcase to take this class. A current email account and basic computer skills are required. Fee: None. 480-350-5521

40207 50 yrs+ M 7/14-7/21 10:30 a.m.-Noon LCL

### **Senior Techs: Pinterest for Beginners**

Learn how to use this website to collect and organize the things that inspire you. We will show you how to create online pins, boards, and organize your favorite topics. Students must be registered for, or have completed, Senior Techs: Social Media Showcase to take this class. A current email account and basic computer skills are required. Fee: None. 480-350-5521 40208 50 yrs+ T 8/26 5:30-7 p.m. CSC

### **Senior Techs: Social Media Showcase**

Boost your knowledge of online social networking tools. We will provide a basic overview of Facebook, Twitter, and Pinterest. Note: This class is a prerequisite to Senior Techs: Facebook for Beginners and Senior Techs: Pinterest. Basic computer skills are required. Fee: None. 480-350-5521

40205 50 yrs+ T 6/24 5:30-7 p.m. CSC 40206 50 yrs+ M 7/7 10:30 a.m.-Noon LCL

# **Dance, Music & Theater**

#### **Ballroom Basics**

Has it been a while since you tripped the light fantastic? Or perhaps you've never ventured on to the dance floor. Either way, this fun, relaxed class is for you. All the basics of Ballroom Dance will be covered as you dust-off your dancing shoes for an afternoon of fun. 480-350-5287

39669 50 yrs+ M 6/2-7/21 2:30-3:30 p.m. \$35 PAC

### **Line Dance; Beginning**

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. 480-350-5211

39216 50 yrs+ T 6/17-8/19 1:30-2:30 p.m. \$39 PAC

For all upcoming events coming to Tempe, visit: tempe.gov/familyactivities

### **Line Dance: Intermediate**

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. 480-350-5211 39217 50 yrs+ T 6/17-8/19 2:30-3:30 p.m. \$39 PAC

### **Tap Dance; Beginning**

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise.480-350-5211

39226 50 yrs+ Th 6/5-8/7 11:15 a.m.-12:10 p.m. \$27 PAC

### **Tap Dance; Intermediate**

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness.480-350-5211

39227 50 yrs+ T/Th 6/3-8/7 9:10-10:05 a.m. \$56 PAC

### **Tap Dance; Performance**

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun. 480-350-5211

39228 50 yrs+ T/Th 6/3-8/7 10:10-11:05 a.m. \$56 PAC

# **Health & Fitness**

#### **Adult Fitness**

Meet new people and feel great while working out in our fitness center. The class will occur in a small group setting where individual guidance will be provided. \*No Class 6/10, 6/11. Fee: None 480-350-5800

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40217	50 yrs+	M	6/2-6/23	Noon-1 p.m. ESCA
40218	50 yrs+	Τ	6/3-6/24*	Noon-1 p.m. ESCA
40219	50 yrs+	W	6/4-6/25*	Noon-1 p.m. ESCA
40220	50 yrs+	Th	6/5-6/26	Noon-1 p.m. ESCA
40221	50 yrs+	M	7/7-7/28	Noon-1 p.m. ESCA
40222	50 yrs+	T	7/8-7/29	Noon-1 p.m. ESCA
40223	50 yrs+	W	7/9-7/30	Noon-1 p.m. ESCA
40224	50 yrs+	Th	7/10-7/31	Noon-1 p.m. ESCA
40225	50 yrs+	M	8/4-8/25	Noon-1 p.m. ESCA
40226	50 yrs+	T	8/5-8/26	Noon-1 p.m. ESCA
40227	50 yrs+	W	8/6-8/27	Noon-1 p.m. ESCA
40228	50 yrs+	Th	8/7-8/28	Noon-1 p.m. ESCA

#### **Aerobic Dance Exercise**

Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. \*No class 7/4. 480-350-5211

39211	50 yrs+	M/W/F	6/2-7/11*	8:05-9 a.m.	\$41	PAC
39212	50 yrs+	T/Th	6/3-7/10	8:05-9 a.m.	\$29	PAC
39633	50 yrs+	M/F	7/14-8/1	8:15-9 a.m.	\$12	PAC
39290	50 yrs+	M/W/F	8/4-8/22	8:05-9 a.m.	\$22	PAC
39291	50 yrs+	T/Th	8/5-8/21	8:05-9 a.m.	\$15	PAC

### **Chair Yoga**

Are you unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. No Class 7/4. 480-350-5211

39213 50 yrs+ W/F 6/4-8/8 9-10 a.m. \$55 PAC

### **Gentle Yoga**

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. No class 7/1. 480-350-5211

39215 50 yrs+ T 6/3-8/12 12:15-1:15 p.m. \$32 PAC

### **Healthy Cooking for Seniors**

Join us on the 1st and 3rd Tuesdays of each month for a "hands on" class that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided. Fee: None. 480-858-2420

39493	50 yrs+	T	6/3	10 a.m.	CSC
39494	50 yrs+	T	6/17	10 a.m.	CSC
39495	50 yrs+	T	7/1	10 a.m.	CSC
39496	50 yrs+	T	7/15	10 a.m.	CSC
39497	50 yrs+	T	8/5	10 a.m.	CSC
39498	50 yrs+	T	8/19	10 a.m.	CSC

# Seated Strength Training

Learn about things you can do to increase your strength even while sitting in this three-session course. 480-350-5211 39635 50 yrs+ W 7/16-7/30 9:15-10 a.m. \$9 PAC

#### Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. 480-350-5211

39220	50 yrs+	M/W	6/2-7/9	10:30-11:15 a.m.	\$24	PAC
39221	50 yrs+	T/Th	6/3-7/10	9:15-10 a.m.	\$24	PAC
39634	50 yrs+	T/Th	7/15-7/31	9:15-10 a.m.	\$12	PAC
39222	50 yrs+	M/W	8/4-8/20	10:30-11:15 a.m.	\$12	PAC
39223	50 yrs+	T/Th	8/5-8/21	9:15-10 a.m.	\$12	PAC

# Tai Chi / Body Balance Advanced

This exercise class builds on the five movements of the Tai Chi Body/Balance Basic class by adding six new movements. Qigong breathing exercises coordinated to each Tai Chi movement will be learned. Major emphasis is on balance and stability with basic stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi/Body Balance Basic. 480-350-5211 39224 50 yrs+ M 6/2-7/28 12:30 -1:30 p.m. \$39 PAC

### Tai Chi / Body Balance Basic

This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements to exercise the body will be taught. 480-350-5211 39225 50 yrs+ M 6/2-7/28 11:15 a.m.-12:15 p.m. \$39 PAC

### **Toners & Shapers**

This class is designed to strengthen and tone muscles, and to increase flexibility. Class consists of a warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. No class 7/4. 480-350-5211 39230 50 yrs+ M/W/F 6/2-7/11\* 9:05-10:20 a.m. \$47 PAC 39231 50 yrs+ M/W/F 8/4-8/22 9:05-10:20 a.m. \$25 PAC

## **Yoga**; with Weights

The perfect combination of flexibility and strength training. Class combines yoga and stretch exercises utilizing 1-2 lb handheld and light ankle weights to strengthen the core of the body; area between the shoulders and knees. Perfect for those experiencing tightness in hips, shoulders, lower back and legs. Each class ends with a brief relaxation. \*No class 7/2. 480-350-5200 39184 50 yrs+ W 6/4-8/20\* 10:35-11:35 a.m. \$39 PAC

#### Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. \*No class 7/4. 480-350-5211

39233 50 yrs+ T 6/3-8/5 11:10 a.m.-12:05 p.m. \$41 PAC 39234 50 yrs+ F 6/6-8/8\* 10:35-11:30 a.m. \$37 PAC

# **Social Activities**

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

#### **\$3 Homemade Lunch**

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: \$3, 480-858-2420

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39464	50 yrs+	F	6/6	11:30 a.m.	CSC
39465	50 yrs+	F	6/13	11:30 a.m.	CSC
39466	50 yrs+	F	6/20	11:30 a.m.	CSC
39467	50 yrs+	F	7/11	11:30 a.m.	CSC
39468	50 yrs+	F	7/18	11:30 a.m.	CSC
39469	50 yrs+	F	8/1	11:30 a.m.	CSC
39470	50 yrs+	F	8/8	11:30 a.m.	CSC
39471	50 yrs+	F	8/15	11:30 a.m.	CSC
39472	50 yrs+	F	8/22	11:30 a.m.	CSC

#### **Brunch & Bunco**

Join us for a delicious breakfast and a game of Bunco with prizes. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

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39458	50 yrs+ W	6/11	10 a.m.	CSC
39459	50 yrs+ W	7/9	10 a.m.	CSC
39462	50 yrs+ W	8/13	10 a.m.	CSC

### **Pokeno and Bagels**

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2. 480-858-2420

39499	50 yrs+ W	6/4	10 a.m.	CSC
39500	50 yrs+ W	7/2	10 a.m.	CSC
39501	50 yrs+ W	8/6	10 a.m.	CSC



# **Special Event Luncheons**

Join us on the last Friday of every month for a home cooked meal, entertainment and good company. Themes for each month will be announced in the Roadrunner Chronicle Newsletter or visit www.tempe.gov/cahill for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

39560	50 yrs+	F	6/27	11 a.m.	CSC
39562	50 yrs+	F	7/25	11 a.m.	CSC
39564	50 yrs+	F	8/29	11 a.m.	CSC

# **Special Interest**

#### **Creative Seniors: Wii Play Tournament**

Boost your brain power, improve motor skills, and build hand-eye coordination with the Wii video game system. We will teach you basic games including bowling, tennis, hockey, and more using the Wii gaming console. Play against a partner or the computer and compete for prizes. Fee: None. 480-350-5521

40202	60 yrs+	Th	7/10-7/24	11a.m12 p.m.	NCC
40203	50 yrs+	F	7/11-7/25	12:30-1:30 p.m.	ESCA